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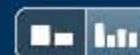
Non-alcoholic fatty liver disease and beneficial effects of dietary supplements

Ludovico Abenavoli

Abstract

I read with great interest the review published by Eslamparast et al., on the dietary supplements with hepato-protective properties, and their proposed mechanisms to protect against non-alcoholic fatty liver disease. In this way, recently, our study group reported the efficacy of the Mediterranean diet associated to an antioxidant complex, to improve in overweight patients not only anthropometric parameters, but also insulin-resistance, lipid serum levels, and intra-hepatic fat accumulation.

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